



Those Annoying Happy People: How Do I Become One?

Kathy Quinn CHHC

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We've all encountered those irritatingly happy people—the ones who seem to be genuinely smiling and unruffled by their circumstances. But as much as we want to roll our eyes at them, if we're honest with ourselves, we are frustrated because we wish we could be them.

Author and certified health coach Kathy Quinn knows this dilemma well. Having faced her own long season of suffering, she discovered a surprisingly straightforward approach to emotional healing and personal transformation: choosing happiness. This is, of course, a process. It requires patience, determination, and persistent practice. But if you are willing to follow this path, you will be on your way to an authentic and happy life.

In *Those Annoying Happy People: How Do I Become One?*, Quinn guides you through the process she followed, step by step. She shows you how to face the physical and emotional challenges that hold you back and includes questions and activities that engage you in your own transformative journey.

Are you ready to let go of past pain, needless expectations, and debilitating fear? Open this book, take a deep breath, and step toward the freedom of choosing happiness.

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